



El Diez y Seis de Septiembre Celebration

Area seniors are invited to celebrate El Diez y Seis de Septiembre on Sept. 16 at Rainbow Center at the Canteen, 800 Livingston Avenue, Bay City. A special



menu of tacos, refried beans, Spanish rice, melon, Texas sheet cake, beverages will be served. There is a suggested donation of \$2.50 for those age 60 and older. Call Anjelica at 892-6605 no later than noon Sept. 15 for reservations. The Canteen is open Tues.-Thurs. from 9:30 a.m. to 1 p.m.

Alzheimer's Association Memory Walk –
See Page 13 for information.

Country Fireside BBQ September 22

Make plans now to attend an old-fashioned barbecue dinner of smoked brisket, baked potato, baked beans, corn on the cob, cheesy biscuits, pineapple mandarin orange cake, and beverages at the scenic Bay City State Recreation Area, 3582 State Park Drive, Bay City. Buses will depart from Riverside Friendship Center, 800 J.F. Kennedy Drive, Bay City, at 3:00 p.m. on September 22, and dinner will be served at approximately 4 p.m. Bay Metro buses will depart for the return trip to Riverside Friendship Center at 5:15 p.m.



The package is \$7.00 for those age 60 and older, which includes pavilion rental, cooking and maintenance fees, and \$2.50 suggested donation for dinner. For those under age 60, the package is \$9.25, which includes pavilion rental, cooking and maintenance fees, and \$4.75 guest fee for dinner. Individuals who wish to drive themselves are reminded that vehicles may not enter the park without an annual park permit. These fees will be covered for those riding the shuttle bus from Riverside, which has an additional cost of \$2.00.

A euchre tournament will be held from 1:00 p.m. to 3:00 p.m. All euchre participants must car pool or pay their own way into the park (euchre begins prior to bus departure). We encourage everyone to dress warmly for fall weather. We will enjoy hot chocolate and the fireplace at the pavilion. If the weather is very cold, we will be at Riverside Friendship Center. Seating is limited. Registration forms are available at all Dining Centers and at the main office. Registrations will be accepted until Sept. 17 or until the program is full. For more info, call Debbie Keyes at 893-5834.

**The Bay County Division on Aging
Office & Dining Centers will be closed
Mon., September 6, 2010, for Labor Day.**

DINING CENTER

❖**Williams Senior Dining Center** - Celebrate Cheese Pizza Day with pizza bites on Tuesday, Sept. 7, at 10:00 a.m. On Tuesday, September 14, at 11:00 a.m., The American Cancer Society will present a program about free services and programs available to cancer patients. On Thursday, September 16, at 11:30 a.m., Williams Township Supervisor Paul Wasek will give a township update. Celebrate Ice Cream Sandwich Day with ice cream sandwiches after lunch on Thursday, September 23, at 12:30 p.m. Call Mary at least 24 hours in advance at 662-6521 for lunch reservations. Suggested donation is \$2.50.

❖**Hampton P.M.** - Friday, September 3, is Back to School Days; bring a school picture, report card, etc., and assorted "school supplies" will be given out. Let's go crazy during Crazy Week Sept. 7-10. On Tuesday, wear a crazy hat; on Wednesday, wear a crazy shirt; on Thursday, wear your crazy socks; and on Friday, wear anything and everything crazy! For great music and an afternoon of fun and dancing with the Variety Tones, join us every 2nd and 4th Thursday of the month. Come and visit with Madam "I-See-Your-Fortune" Fortune Teller and receive your fortune cookie on Monday, September 13, at 3:00 p.m. Friday, September 17, is our 3rd Annual National POW/MIA Recognition Day with a solemn tribute to our military people who are POW/MIA. Call Sandi at 895-5968 for meal reservations.



HIGHLIGHTS

❖**Hampton A.M.** - Our Labor Day Party is Sept. 2 at 11:30 a.m., with pop, snacks, fun. Celebrate Ice Cream Sandwich Month with a sweet treat on Sept. 9 at 12:30 p.m. We will have a nice fresh doughnut for our dessert on National Cream-Filled Doughnut Day, Sept. 14 at noon. Celebrate National White Chocolate Day on Wed., Sept. 22, at 12 noon. Call Susan at least 24 hours in advance at 895-5968 for lunch reservations.



❖**Kawkawlin Senior Dining Center** - Wed, Sept 15, is Popcorn Day. Sept. 23 is Muffin Day. Call Velda at 686-5127 for lunch reservations. Suggested donation is \$2.50.

❖**Rainbow Center at the Canteen** - On Sept. 16, celebrate Mexican Independence Day, El Diez y Seis de Septiembre. See front page for details. Call Anjelica at 892-6605 for lunch reservations.



❖**Riverside Friendship Center** - On Mon., Sept. 13, at 10:45 a.m., the Senior Brigade Branch of the Attorney General's Office will present a program on phone & mail scams. We have all heard stories of sweepstakes scams, shady offers of home improvements and repairs, fly-by-night contractors, etc. Join us for an informational program learning how to spot those scam artists. Craft sale on Tuesday, September 14, from 9:00 a.m. to 1:00 p.m. with handmade hats, scarves, baby items, afghans, dishcloths, quilts, etc. Call Sandy at 893-7070 for more information or to make meal reservations.

Recognizing Stroke Symptoms

Remember these key letters (spells "FAST") to help identify signs and symptoms of stroke:

Face – Check the person's smile. Does one side of the face droop?

Arms – Ask the person to raise both arms. Does one arm drift downward?

Speech – Ask the person to repeat a simple sentence. Are the words slurred?

Time – If you see any symptoms, call 9-1-1 immediately. Brain cells are dying.

In addition to the above quick acronym, the American Stroke Association asks you to watch for:

- Sudden numbness or weakness of the face, arm, leg—especially if on one side
- Sudden confusion or trouble speaking or understanding
- Sudden trouble seeing in one or both eyes
- Sudden trouble walking, dizziness, or loss of balance or coordination
- Sudden severe headache with no cause

Take action in an emergency.

- Don't ignore signs of stroke, even if they go away. Don't delay—Call 9-1-1 for help.
- Check the time. When did the first signs or symptoms start? You will be asked at the hospital or in the ambulance.
- If you are with someone who may be having a stroke, call 9-1-1 immediately. Expect them to protest. Denial is common.

Recipe Corner

Seafood Casserole



- 1 can crab meat
- 1 can shrimp
- 1 small green pepper, finely chopped
- 1 small onion, chopped
- 1 cup celery, chopped
- 4 oz. fine noodles (cooked and drained)
- 1 cup Miracle Whip
- ¼ tsp. salt

Mix well. Place in casserole dish. Top with 1 cup buttered bread crumbs. Bake at 350°F. for 30 minutes. Serves 4.

Submitted by Betty Navarre

USPS 184
WONDERFUL TIMES
is published at Division on Aging
515 Center Avenue, Suite 202
Bay City, MI 48708-5123
(989) 895-4100 - TDD 895-4049
Toll-Free 1-877-229-9960
divonaging@baycounty.net



Donations Accepted

County of Bay
www.baycounty-mi.gov
Tom Hickner
County Executive

Division on Aging - Publisher
Becky Reimann - Director
Bruce Boman - Distribution
Lori Urbancik - Layout

Thanks to Bay County Olympic Games Supporters

Bay County Division on Aging extends a sincere thank you to all the volunteers and businesses who helped make the 2010 Olympic Games a success. We could not do it without all of your help! Thank you.

*A Hearty Thanks
to All*

Kudos to Volunteer Helpers - August 11

Division on Aging volunteers arrived bright and early Wednesday morning, August 11, and assembled over 600 boxes of emergency shelf-staple food for delivery to our senior customers. Each box contained enough food for two meals, in case severe weather knocks out power or some other natural emergency results in a closed day at one or more Dining Centers. The components were ordered, as were the boxes, and volunteers staffed an assembly line that made quick work of packing. The food went out to homebound customers and Dining Centers that same day. Thank you to all who volunteered!

Ice Cream Socials Bring Together Friends and Supporters

The Senior Millage Renewal Committee extends a thank-you to all the fine folks who purchased a ticket for the Ice Cream Social fundraiser in June. Many supporters and volunteers helped with this event that was held at the Canteen. Maybe you helped by dipping ice cream, selling tickets,

donating goodies, or bringing your family. We thank all who participated!

. . . And since we are talking about ice cream, Division on Aging sends a thank-you to the volunteers who helped serve ice cream sundaes at the Bay County Fair in August. It was a very warm day, but your spirits and strong arms kept dishing up the treats! Thanks to Mr. and Mrs. George Doan, Jerry Fahrney, and Herb Schmidt who helped serve, and Bonnie Gleason, volunteer with the Fair Board, who made the arrangements and provided the coffee.

**THANKS
ALL-AROUND!**

Thank You to Week of Hope Volunteers

As we look back at the past summer, we want to extend a thank-you to the enthusiastic young people who participated in the summer work camp program called "Week of Hope." Cathy Weaver from First Presbyterian Church in Bay City worked with a number of adult volunteers and local organizations to find homes where the church youth completed yard work, major cleaning, and other improvements. These young people came from churches across the country to work on projects to help handicapped or elderly home owners who have limited or fixed incomes. A number of senior citizens benefitted from yard clean-up and other projects. Clients from other organizations were also assisted during the six-week period that the volunteers were here in Bay County. Thank you to all of the sponsors, youth, staff, and others who made this program possible.

Line Dancing at Riverside on Fridays

Get a good cardio workout and enjoy the fellowship and fun of line dancing at Riverside Friendship Center, 800 J. F. Kennedy Drive, Bay City. Beginners are welcome. Instructor is Ruth Minster. Classes are held on the dance floor every Friday from 10:15 a.m. to 12 noon for a drop-in fee of \$4.00. How about a delicious lunch after class for a suggested donation of \$2.50? Contact Sandy at 893-7070 for more information or to make lunch reservations.



Cribbage at Riverside on Tuesdays

Calling all cribbage players and all who have been wanting to learn. Cribbage is a fun game with two to four players and we would love to see you! We play every Tuesday afternoon from 12:30 p.m. to 3:00 p.m. at Riverside Friendship Center, 800 J. F. Kennedy Drive, Bay City. You can even join us for lunch at noon and plan on making some new friends. Call Sandy at 893-7070 at least 24 hours in advance to make lunch reservations. Suggested donation is \$2.50.



Pinochle Lessons at Riverside on Wed.

We will be offering pinochle lessons at Riverside Friendship Center, 800 J. F. Kennedy Drive, Bay City, Wednesdays, September 8, 15, 22, and 29 from 12:45 p.m. to 2:00 p.m. So many



people want to learn or just have not played in years and need some practice. At the end of the four-week session, you will hopefully feel confident enough to join our regular group on Fridays. For more information or to make lunch reservations, contact Sandy at 893-7070.

Music & Dancing Provided at Hampton

The Variety Tones provide fantastic music every second and fourth Thursday of the month at Hampton Senior Center, 801 West Center Road, Essexville, from 2:30 p.m. to 5:00 p.m. Request your favorite song; sing along and dance; or just sit back, relax, and enjoy the tunes! Following an afternoon of listening to great music and dancing, a delicious meal will be served. For dinner reservations, please call Sandi at 895-5968 Monday through Friday from 2:00 p.m. to 6:00 p.m. Suggested donation for dinner is \$2.50.



American Cancer Society at Williams

The American Cancer Society offers a presentation on free services and programs available to cancer patients at Williams Senior Center, 1080 West Midland Road, Auburn, on Tues., September 14, at 11:00 a.m. Lunch will be served at 12 noon. You may choose the hot entree, the salad of the week, or the sandwich of the week. Suggested donation for lunch is \$2.50. Call Mary at 662-6521 for more information and to make lunch reservations.



SEPTEMBER 2010

DINING CENTER PROGRAMS

SEPTEMBER 2010

Kawkawlin Senior Center 1800 East Parish Road Kawkawlin, MI 48631	Telephone: 686-5127 Wednesday and Thursday, 9:00 a.m. to 12:30 p.m. Site Manager: Velda Kowalsky
Wednesdays	- Bingo at 9:45 a.m. (25¢ per board)
Wednesdays & Thursdays	- Smear Club at 9:00 a.m.
Wednesday, September 1	- Blood Pressures w/Cathy Sujkowski, R.N., at 11:30 a.m.
Wednesday, September 15	- Popcorn Day - Enjoy some popcorn!
Thursday, September 23	- Muffin Day - Come in and have a morning snack muffin.

Riverside Friendship Center 800 J. F. Kennedy Drive Bay City 48706	Telephone: 893-7070 Monday through Friday, 9:00 a.m. to 2:00 p.m. Site Manager: Sandy Jozwiak
Mondays	- Men's Smear, 9:30am; Commit To Be Fit, 10-11am; Mixed Smear, 12:30pm
Tuesdays	- Knitting/Crocheting, 9:30 am; Bid Euchre, 10:00 am; Cribbage, 12:30 pm
Wednesdays	- Euchre at 9:45 a.m. **Transportation is available
Thursdays	- Commit to Be Fit, 10-11 a.m.; Bingo, 10:15 a.m.; Shuffleboard, 12:30 p.m.
Fridays	- Line Dancing, 10:15 a.m.; Bingo, 10:15 a.m.; Pinochle Club, 12:30 p.m.
Wed., Sept. 8, 15, 22, 29	- Pinochle lessons from 12:45 p.m. to 2:00 p.m.
Monday, September 13	- Phone/Mail Scams by Attorney General's Office, 10:45 am
Tues., Sept. 14	- Craft Sale, 9 am to 1 pm; Blood Pressures w/Jan Richards, RN, 11 am
Wednesday, September 15	- Low Vision Support Group at 11:00 a.m.
Tuesday, September 28	- Birthdays and Anniversaries celebrated

Williams Senior Center 1080 West Midland Road Auburn 48611	Call 662-6521 Monday through Thursday, 9:00 a.m. to 1:00 p.m. Site Manager: Mary Wilson
Daily	- Indoor/Outdoor Walking, 9:30 a.m.-1:00 p.m.
Mondays and Wednesdays	- Bingo at 10:00 a.m.
Tuesdays and Thursdays	- Cards, games, and puzzles at 10:00 a.m.
Tuesday, September 7	- Celebrate Cheese Pizza Day w/pizza bites at 10:00 a.m.
Monday, September 13	- Blood Pressure Clinic w/RN Dorothy McPhillips, 10:00 am
Tuesday, September 14	- The American Cancer Society - free services - 11:00 a.m.
Thursday, September 16	- Township Update w/Supervisor Paul Wasek at 11:30 a.m.
Thursday, September 23	- Celebrate Ice Cream Sandwich Day after lunch at 12:30 pm
Thursday, September 30	- Celebrate September birthdays w/cake, flowers, balloons

Alzheimer's Association Memory Walk

The Greater Michigan Chapter Central Region of the Alzheimer's Association is sponsoring several walks in the mid-Michigan area for the 2010 Memory Walk. These walks raise money to fund efforts to defeat the disease and raise awareness a n d

h o p e for the m a n y who are living with the disease. General information about the walks is available at www.alz.org/memorywalk. If you would like to be a walker or lead a team, you can sign up for the location that is most convenient for you.



Saturday
September 11
Churchgrove Park
Frankenmuth

Saturday
September 25
Chippewa Nature Center
Midland

Saturday
October 2
Jack North Abernathy Park
Davison

For all locations, registration and check-in begins at 9:00 a.m. and the walk begins at 10:00 a.m. If you are not on-line, you may get more information by calling the Greater Michigan Chapter at 1-989-839-9910 or call

toll-free at 1-800-272-3900. If you are on-line, you may visit the website at www.alz.org/gmc.

The Association is also selling Christmas ornaments that can be personalized for free at Bronner's Christmas Wonderland in Frankenmuth. The Christmas ornaments are \$10.00 each. Use the above contact information for more details about the ornaments.



Golden Horizons – New Enrollments

Golden Horizons Adult Day Center, 1001 Marsac Street, is now accepting new enrollments. This social program for older adults with memory loss allows the person to participate in activities during the day and return to the comfort of their home at night. If you are having difficulty finding meaningful, stimulating activities for a family member, your family member is becoming socially isolated, or they require supervision while you are away, Golden Horizons may be just what you need. The program is open Monday through Friday from 7:30 a.m. to 5:30 p.m. Lunch and snacks are provided. The cost is \$8.00 per hour. For more information or to schedule a visit, call 892-6644.



Driver Gary Moore Retires

On-Call Driver Gary Moore has retired from the Home Delivered Meals program. We wish him many enjoyable retirement days spent with family and friends.

Free Cell Phone Availability

Assurance Wireless has a program that provides a cell phone at no cost and 200 free minutes each month to those who qualify based on household income or by their participation in a variety of public assistance programs. This is a legitimate service approved through the Federal government and builds on the Federal Communications Commission Lifeline program, which assists low-income people with landline costs; this allows them a lifeline in the form of a cell phone. There are no phone bills or surprise costs and it only requires a reapplication to insure continued eligibility. This program provides wireless service for customers who might not otherwise be able to afford it. For info on Assurance Wireless, call 1-888-898-4888.

SafeLink Wireless offers three plans to choose from with varying minutes/benefits. For information or to apply online, you may log onto www.Safelinkwireless.com or call 1-800-977-3768.

For more information on how someone may qualify for a free cell phone or for other information, please contact Region VII Area Agency on Aging at 1615 S. Euclid Avenue, Bay City, MI 48706, 1-800-858-1637.



Volunteers Wanted September 24 & 25

Disability Services Resource Center is seeking the help of volunteers to assist with their tag days fundraiser, scheduled for Friday and Saturday, September 24 and September 25. Volunteers are needed to greet the public at 7-11 stores and other establishments. Volunteers will be provided some shelter outdoors and a place to sit. All proceeds from the tag days help to provide loaned equipment and ramps for individuals with physical limitations. Please contact Christy Wilson at 1-888-281-1714 to volunteer your help on either day. She will assist you in identifying a location and timeslot convenient for you.



Senior Millage Renewed for Six Years

The Senior Millage Renewal Committee, along with the Board of Commissioners and the staff at Division on Aging, extend a thank-you to the voters of Bay County for support of the millage renewal question on the August ballot. The 0.5 mill was renewed with 75.79% of voters voting “yes” on the renewal. Millage monies are used to provide the match for State and Federal grants and to pick up costs for services that are not covered by grant funding. All Home Delivered Meals vehicles are purchased with senior millage funding, and this newsletter, along with the Personal Care program, receives the majority of its funding from senior millage monies. Thanks to all who voted to continue our millage funding for the next six years!

SEPTEMBER 2010 DINING CENTER PROGRAMS SEPTEMBER 2010

Rainbow Senior Center
800 Livingston Avenue
Bay City 48708

Telephone: 892-6605
Tues., Wed., and Thurs., 9:30 a.m. to 1:30 p.m.
Site Manager: Anjelica Rodriguez

Wednesdays - Walking Club at 9:30 a.m.
Thursdays - Bingo at 10:30 a.m. ****Transportation is available**
Thursday, September 9 - Ice Cream Sandwich Day at 12 noon
Thursday, September 16 - El Diez y Seis de Septiembre--Mexican Independence Day
Tuesday, September 21 - International Flower Day

Hampton Happy Hearts A.M.
801 West Center Road
Essexville 48732

Telephone: 895-5968
Monday through Thursday, 10:00 a.m. to 2:00 p.m.
Site Manager: Susan Howell

Daily - Music and fellowship; Cards at 10:15 a.m.; Bingo at 12:45 p.m.
Thursday, September 2 - Labor Day Party at 11:30 a.m. with pop, snacks, and fun.
Thursday, September 9 - Celebrate Ice Cream Sandwich Month at 12:30 p.m.
Tuesday, September 14 - National Cream-Filled Doughnut Day at 12 noon
And Blood Pressure Clinic w/Cathy Sujkowski, R.N., 11:30 am
Wednesday, September 22 - National White Chocolate Day Party at 12 noon
Thursday, September 30 - Birthday and Anniversary Day at 12:30 p.m. w/ice cream

Hampton Happy Hearts P.M.
801 West Center Road
Essexville 48732

Telephone: 895-5968
Monday through Friday, 2:00 p.m. to 6:00 p.m.
Site Manager: Sandi Fader

Daily - *Cards, games, library, music, and fellowship, 2:00 p.m. to 6:00 p.m.
Thursdays - Variety Tones - 2:00 p.m. to 5:00 p.m. - September 9 and September 23
Fridays - Hampton P.M. seniors wear blue every Friday until all troops are home
Friday, September 3 - Back to School Days-Bring a school picture, report card, etc.
Sept. 7-10--Crazy Week--Tues.=crazy hat; Wed.=crazy shirt; Thur.=crazy socks; Fri.=anything
Monday, September 13 - Visit w/Madam “I-See-Your-Fortune” Fortune Teller at 3 pm
Tuesday, September 14 - Blood Pressure Clinic w/Cathy Sujkowski, R.N., 11:30 am
Friday, September 17 - National POW/MIA Recognition Day, solemn tribute, 4:30pm
Thursday, September 23 - Birthday Celebrations at 5:30 p.m.
***You must be a site participant to enjoy these activities**

UPCOMING OCTOBER EVENTS

Movie and a Meal at Wirt Library

Back by popular demand, Division on Aging and the Bay County Library System are once again partnering to bring you a movie and a meal. Alice & Jack Wirt Public Library will provide the movie and the room with a full screen and full sound, and lunch will be provided by Division on Aging. Bring a comfortable cushion to put on your chair and mark your calendar for lunch and a movie.



The first program will be Wednesday, October 13, with the showing of the comedy Couples Retreat, starring Vince Vaughn and Jason Bateman. With their relationship in peril, a couple racing to salvage their marriage invites three other couples to join them at a tropical island resort. The craziness ensues from there. We will meet at 11:30 a.m. in the Community Room on the First Floor of Wirt Library, 500 Center Avenue, Bay City, with a review of the movie and a tour of the library. Lunch will be served and the movie will begin at noon. The package is \$3.00 for those age 60 and older, and \$5.00 for those under age 60, which includes the donated facilities, the movie, and \$2.50 suggested donation for lunch. Advance reservations are due no later than



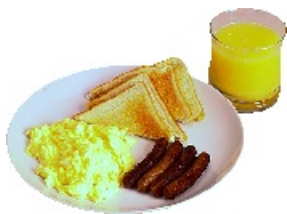
October 6. A volunteer will contact you for your choice of the sandwich of the week or the salad of the week. Make all checks payable to "Bay County Division on Aging." Registration forms for the Movie and Lunch Series are available at all Dining Centers and at the main office, 515 Center Avenue, Suite 202, Bay City.

On Wednesday, November 10, the movie will be The Proposal starring Sandra Bullock and Betty White. On Wednesday, December 15, the movie will be Everybody's Fine starring Robert DeNiro and Kate Beckinsale.

For more information, contact Debbie Keyes at 893-5834.

Breakfast Will Be Served October 27

On Wednesday, October 27, the Bay County Community Center will be hosting "Project Connect" which provides information on services and opportunities for those who are without work or enough work to make ends meet. The parking lot and the building are quite full for this event. For this reason on the above date, lunch will NOT be served, and our main meal will be breakfast served at 9:00 a.m. The menu includes sausage links, scrambled eggs, potatoes, coffee cake, and beverages. Call Sandy at 893-7070 to make your reservation.



Calendar Notes (Cont'd.)

✓**The Historical Museum of Bay County**, 321 Washington Ave., Bay City, continues its "Second Saturday" series September 11 from 1:00 p.m. to 2:00 p.m. with "Daily Life on the Michigan and Great Lakes Frontier." Journey back in time to daily life along the Great Lakes in the 1750s-1760s with re-enactor Dan Chapman, Sergeant Major of Lord Murray's Company, 42nd Royal Highland Regiment of Foot. Our region was home to the British, the French, and the Native Americans and, while there was often warfare between the three groups, they also cooperated economically. There is no fee and refreshments will be served. For more information, call 893-5733. Members of the River of Time Committee will be on hand with information and items for sale for the upcoming River of Time.

✓**The 2010 River of Time** will be held in Veteran's Memorial Park in Bay City Saturday and Sunday, September 25 and 26, featuring re-enactors of Native American, Colonial, French and Indian, Civil War, Mexican War, The Wild West, World War I, World War II, and Vietnam time periods. For more information, contact the Bay County Historical Society at 893-5733.



✓**Visiting Physicians Association** is now accepting new patients. Contact Traycee Grove at 667-8740.

✓**Dominic Verderese, DDS**, is a dentist who makes house calls. He can do extractions, dentures, and teeth cleaning

and will visit a private home, nursing home, adult foster care home, or hospital. For more information, call 671-3777.

✓**The Osher Lifelong Learning Institute (OLLI)** offers the following classes in Sept: *SVSU Football Game and Tailgate* Sept. 18; *Drill, Baby, Drill: The Deepwater Horizon Catastrophe* Sept. 13 and 20; *A Good Night's Sleep: Priceless* Sept. 16, 23 & 30; *10th Fall Kick-Off* Sept. 15; *Readers Theater: Acting Made Easy* Sept. 14, 21 & 28; *Photography 101: What's That Button For?* Sept. 16, 23, and 30; *Mac 101: The Basics* Sept. 17 and 24 and Oct. 1; *Turning Memories into Memoirs* Monday, September 13, 20, and 27; *Charlotte Bronte: Beyond Jane Eyre* Sept. 17 and 24 and October 1 and 8; *An American in Paris* Sept. 27 and Oct 4, 11, 18, and 25; *Share a Good Read With the OLLI Book Club* Sept. 22, Oct. 27, and Nov. 17; *Margaret Thatcher: A Woman in Power* Sept. 14, 21 & 28 and Oct 5; *The Nixon Resignation and Its Impact on History* Sept. 22 and 29 and Oct. 6 and 20; *Smart Financial Choices in Retirement* Sept. 22 and 29 and October 6; and *Behind Closed Doors: How Three Local Organizations Operate* Sept. 22, October 20, and Nov. 17. For information on specific times, fees, and locations of classes, contact OLLI at 964-4475, or visit the website at www.svsu-cbed/olli/.



✓**The Lincoln Road Dancers** remind adults that music for their dancing pleasure will be provided Tuesdays from 1:30 p.m. to 4:30 p.m. at Lincoln Road Hall, 79 South Lincoln Road, Bay City.

✓Calendar Notes

✓Hampton Happy Travelers is sponsoring a casino trip to Soaring Eagle Casino in Mt. Pleasant on Tues., September 28. The meal will be catered by Division on Aging. Reservations are required. For more information, call Don at 895-5968 Monday through Thursday from 11 a.m. to 2 p.m.

✓Golden Horizons announces the scheduling of “Managing Difficult Behaviors” on Sept. 15 from 7:00 p.m. to 9:30 p.m. and again on Sept. 17 from 9:30 a.m. to noon. Understand the causes of difficult behaviors exhibited by a person with dementia or Alzheimer’s disease, such as wandering, agitation, restlessness, sundowning, wanting to go home, repeating, etc. Learn techniques to reduce and manage these behaviors. A session entitled “Communicating Effectively” will be offered on Sept. 21 from 9:30 a.m. to noon and again on Sept. 23 from 7:00 p.m. to 9:30 p.m. Learn how to enhance verbal communication and improve interaction with a person who has Alzheimer’s disease. There is no fee for these programs, but advance reservations are required by calling 892-6644. All classes are held at Golden Horizons, 1001 Marsac Street, Bay City, and are open to family caregivers as well as paid caregivers. Funding is provided by Region VII Area Agency on Aging and the Alzheimer’s Fund of the Bay Area Community Foundation.



✓The Bay County Alzheimer’s/Dementia Caregiver Support Group meeting will

be held Tuesday, September 14, from 7:00 p.m. to 9:00 p.m. at Golden Horizons, 1001 Marsac Street, Bay City. Facilitator is Stacy McIntyre, LMSW. The group meets the second Tuesday of each month.

✓Healthy Living Series, sponsored by the Center for Rehabilitation, presents “Arthritis, Exercise, and Pharmaceuticals” on Tuesday, September 21, from 6:30 p.m. to 8:00 p.m. Amanda M. LaVigne, Occupational Therapist, and David Haugh, Pharmacist, will teach safe and effective exercises to help manage arthritis. Learn about medications that are currently available to assist with symptoms. Register by calling 667-6600. There is no fee. Held at Lincoln Center, 820 S. Lincoln, Bay City.

✓Heritage House Museum, 305 Pine Street, Essexville, will be open Labor Day Weekend, Sunday and Monday, Sept. 5 & Sept. 6, as well as Sundays through October from 2 p.m. to 4 p.m. Heritage House is a nine-room fully furnished home built in 1874 and only occupied by one family. A visit for the young is an educational experience, portraying the ways of life from the 1890's through the 1920's; for earlier generations, a visit brings back a lot of memories!! Stop by and visit for a guided tour. Group tours at other times can also be arranged. For more information, call 893-6186. No admission charge.



✓Bay Arts Council announces its last concert: Phil Dirt & the Dozers on Sept. 1. Admission is \$8 for adults. Show starts at 7:00 pm at the bandshell in Wenonah Park.



HAMPTON EVENING DINING CENTER MENU
Reservations must be made one day in advance.
Meals served at 5:00 p.m.
Milk served with all meals.



SEPTEMBER 2010 BAY COUNTY DIVISION ON AGING HAMPTON EVENING MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
(6) LABOR DAY ALL MEAL SITES & OFFICES WILL BE CLOSED	(7) OVEN BAKED GARLIC CHICKEN (1) RED SKIN POTATOES (1) PEAS & PEARL ONIONS WHOLE WHEAT BREAD W/OLEO (1) FRUIT COCKTAIL (1) FAT-FREE MILK (1)	(8) HEARTY BEEF STEW (1) CAULIFLOWER MULTI-GRAIN DINNER ROLL & OLEO (2) CARROT CAKE (1) FAT-FREE MILK (1)	(9) SLICED ROAST PORK LOIN MASHED POTATOES W/PORK GRAVY (1) GREEN BEANS WHOLE WHEAT BREAD W/OLEO (1) FRESH FRUIT (1) FAT-FREE MILK (1)	(10) HOMEMADE LASAGNA (3) ITALIAN BLEND VEGETABLES TOSSED SALAD & DRESSING GARLIC BREAD (1) HAWAIIAN FRUIT (1) FAT-FREE MILK (1)
(13) CHEESEBURGER ON A WHEAT BUN (2) BAKED POTATO (3) WAX BEANS PEACH/PEAR/PINEAPPLE (1) FAT-FREE MILK (1)	(14) CHICKEN TETRAZZINI (2) STEAMED BROCCOLI CREAMY CUCUMBERS WHOLE WHEAT BREAD W/OLEO (1) TROPICAL FRUIT (1) FAT-FREE MILK (1)	(15) SWEET & SOUR PORK (1) OVER BROWN RICE (1) ITALIAN BEANS WHOLE WHEAT BREAD W/OLEO (1) MOLDED FRUIT JELLO (1) FAT-FREE MILK (1)	(16) COUNTRY-STYLE BAKED CHICKEN MASHED POTATOES W/CHICKEN GRAVY (1) GREEN PEAS WHOLE WHEAT BREAD W/OLEO (1) BLACK FOREST CAKE (3) FAT-FREE MILK (1)	(17) BAKED VEAL PARMESAN OVER SPAGHETTI (1) WINTER BLEND VEGETABLES TOSSED SALAD & DRESSING GARLIC BREAD (1) FRUIT (2) FAT-FREE MILK (1)
(20) PAPRIKA CHICKEN RED SKIN POTATOES (1) SLICED CARROTS WHOLE WHEAT BREAD W/OLEO (1) MIXED FRUIT CUP (1) FAT-FREE MILK (1)	(21) SLICED ROAST BEEF MASHED POTATOES W/BEEF GRAVY (1) CAULIFLOWER WHOLE WHEAT BREAD W/OLEO (1) CHOCOLATE CHERRY CAKE (1) FAT-FREE MILK (1)	(22) BAKED PORK CHOP BAKED POTATO (3) EUROPEAN BLEND VEGETABLES MULTI-GRAIN DINNER ROLL & OLEO (2) FRUIT (2) FAT-FREE MILK (1)	(23) SLICED TURKEY MASHED POTATOES W/TURKEY GRAVY (2) GREEN BEANS WHOLE WHEAT BREAD W/OLEO (1) OATMEAL RAISIN COOKIE (2) FAT-FREE MILK (1)	(24) HOMEMADE SLOPPY JOES ON A WHEAT BUN (2) OVEN BAKED HOME FRIES (1) STEAMED BROCCOLI APPLESAUCE (1) FAT-FREE MILK (1)
(27) LUNCHEON STEAK W/BROWN GRAVY MASHED POTATOES (1) RIVIERA BLEND VEGETABLES WHOLE WHEAT BREAD W/OLEO (1) PEAR SLICES (1) FAT-FREE MILK (1)	(28) CHICKEN RICE CASSEROLE (2) PEAS & PEARL ONIONS CREAMY COLESLAW (1) MULTI-GRAIN DINNER ROLL & OLEO (2) TROPICAL FRUIT (1) FAT-FREE MILK (1)	(29) BREADED TILAPIA (1) BAKED POTATO (3) CALIFORNIA BLEND VEGETABLES WHOLE WHEAT BREAD W/OLEO (1) LIME POKE CAKE (3) FAT-FREE MILK (1)	(30) CHINESE BEEF OVER BROWN RICE (2) CORN (1) WHOLE WHEAT BREAD W/OLEO (1) FRESH FRUIT (1) FAT-FREE MILK (1)	(OCTOBER 1) BAKED BBQ PORK CHOP (1) RED SKIN POTATOES (2) TOSSED SALAD & DRESSING WHOLE WHEAT BREAD W/OLEO (1) SLICED PEACHES (1) FAT-FREE MILK (1)

Regarding any activity/event at the Bay County Division on Aging: Individuals with disabilities may request auxiliary aids/services by providing ten days’ notice to the County of Bay before the scheduled event. Requests should be directed to Michael Gray at (989) 895-4130 or TDD at (989) 895-4049.



BAY COUNTY DIVISION ON AGING
DINING CENTERS AND HOME DELIVERED MEALS
Reservations must be made one day in advance to attend any Dining Center
Most Dining Centers scheduled to serve luncheon at noon



DINING CENTERS ONLY

SEPTEMBER 2010

BAY COUNTY DIVISION ON AGING

HDM/MEAL SITE MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY
(6) LABOR DAY ALL MEAL SITES & OFFICES WILL BE CLOSED	(7) BEEF POT ROAST SCALLOPED POTATOES (1) GREEN BEANS WHOLE WHEAT BREAD W/OLEO (1) FRESH FRUIT (1) FAT-FREE MILK (1)	(8) CRISPY CHICKEN BREAST (1) DICED RED SKIN POTATOES (1) SPINACH WHOLE WHEAT BREAD W/OLEO (1) PEACH/PEAR/PINEAPPLE (1) FAT-FREE MILK (1)	(9) SLICED ROAST PORK LOIN MASHED POTATOES W/PORK GRAVY (1) MIXED VEGETABLES MULTI-GRAIN DINNER ROLL & OLEO (2) BANANA NUT CAKE (3) FAT-FREE MILK (1)
(13) SWISS STEAK MASHED POTATOES (1) CORN (1) WHOLE WHEAT BREAD W/OLEO (1) MIXED FRUIT CUP (1) FAT-FREE MILK (1)	(14) HAM W/PINEAPPLE SAUCE SWEET POTATO (2) WAX BEANS MULTI-GRAIN DINNER ROLL & OLEO (1) LEMON PINEAPPLE JELLO (2) FAT-FREE MILK (1)	(15) SPAGHETTI (1) W/HOMEMADE MEAT SAUCE SLICED CARROTS TOSSED SALAD & DRESSING GARLIC BREAD (1) SLICED PEARS (1) FAT-FREE MILK (1)	(16) HONEY-MUSTARD CHICKEN BAKED POTATO (3) GREEN PEAS WHOLE WHEAT BREAD W/OLEO (1) WHITE CAKE W/FROSTING (3) FAT-FREE MILK (1)
(20) GOLD COAST PORK CHOPS MASHED POTATOES (1) MIXED VEGETABLES (1) WHOLE WHEAT BREAD W/OLEO (1) SLICED PEACHES (1) FAT-FREE MILK (1)	(21) CHICKEN W/TARRAGON GRAVY OVER BROWN RICE (1) ITALIAN BEANS TOSSED SALAD & DRESSING WHOLE WHEAT BREAD W/OLEO (1) LEMON PUDDING CAKE (3) FAT-FREE MILK (1)	(22) SWEDISH MEATBALLS (2) OVER EGG NOODLES (1) GREEN BEANS MARINATED CARROTS (1) MULTI-GRAIN DINNER ROLL & OLEO (2) FRUIT COCKTAIL (1) FAT-FREE MILK (1)	(23) BROCCOLI CHICKEN CASSEROLE (1) BAKED POTATO (3) BISCUIT & OLEO (1) FRESH FRUIT (1) FAT-FREE MILK (1)
(27) OVEN BAKED BBQ CHICKEN OVEN BROWNED POTATOES (1) WHOLE KERNEL CORN (1) WHOLE WHEAT BREAD W/OLEO (1) APPLESAUCE (1) FAT-FREE MILK (1)	(28) TUNA NOODLE CASSEROLE (2) EUROPEAN BLEND VEGETABLES VINEGAR COLESLAW (1) WHOLE WHEAT BREAD W/OLEO (1) CHOCOLATE CAKE (3) FAT-FREE MILK (1)	(29) SLICED ROAST PORK LOIN MASHED POTATOES W/PORK GRAVY (1) GREEN PEAS MULTI-GRAIN DINNER ROLL W/OLEO (2) PEAR JELLO W/WHIPPED TOPPING (1) FAT-FREE MILK (1)	(30) SALISBURY STEAK (1) MASHED POTATOES W/GRAVY (1) SLICED CARROTS WHOLE WHEAT BREAD W/OLEO (1) FRESH FRUIT (1) FAT-FREE MILK (1)

SALAD/SANDWICH MENU

SEPTEMBER 2010

SALAD CHOICE FOR THE WEEK	SANDWICH CHOICE FOR THE WEEK
(WEEK OF 9-6 THRU 9-9-10) <u>GREEK SALAD</u> ROMAINE LETTUCE, TOMATO, GREEN PEPPER, RED ONION, CUCUMBER, BLACK OLIVES, AND FETA CHEESE WITH GREEK DRESSING COTTAGE CHEESE MULTI-GRAIN DINNER ROLL & OLEO DESSERT/FRUIT OF THE DAY FAT-FREE MILK	<u>CHICKEN SALAD WRAP</u> CHICKEN SALAD WITH A WHOLE WHEAT FLATBREAD, ROMAINE LETTUCE, TOMATO, RED ONIONS, CUCUMBER SPEARS, AND CARROTS SERVED WITH MARZETTI RANCH DRESSING DESSERT/FRUIT OF THE DAY FAT-FREE MILK
(WEEK OF 9-13 THRU 9-16-10) <u>GARDEN SALAD</u> COTTAGE CHEESE, CHEDDAR CHEESE, SLICED CUCUMBER, BABY CARROTS, RED ONIONS, AND TOMATO ON CHOPPED ROMAINE LETTUCE WITH BACON BITS AND CROUTONS SERVED WITH MARZETTI BUTTERMILK DRESSING MULTI-GRAIN DINNER ROLL & OLEO DESSERT/FRUIT OF THE DAY FAT-FREE MILK	<u>TURKEY/HAM & SWISS SANDWICH</u> SLICED TURKEY AND HAM WITH SWISS CHEESE ON RYE BREAD WITH ROMAINE LETTUCE, RED ONIONS, TOMATO, CUCUMBERS, AND CARROTS SERVED W/HONEY MUSTARD DRESSING DESSERT/FRUIT OF THE DAY FAT-FREE MILK
(WEEK OF 9-20 THRU 9-23-10) <u>SPINACH SALAD</u> FRESH SPINACH WITH BAKED CHICKEN, RED ONION, TOMATO, EGG, MANDARIN ORANGES, TOASTED ALMONDS, AND CRUSHED CROUTONS, SERVED WITH BACON RANCH DRESSING MULTI-GRAIN DINNER ROLL & OLEO DESSERT/FRUIT OF THE DAY FAT-FREE MILK	<u>CREAMY EGG SALAD SANDWICH</u> CREAMY EGG SALAD ON WHOLE WHEAT BREAD WITH ROMAINE LETTUCE, RED ONION, SLICED TOMATO, CARROTS, AND CUCUMBER SPEARS DESSERT/FRUIT OF THE DAY FAT-FREE MILK
(WEEK OF 9-27 THRU 9-30-10) <u>TUNA SALAD</u> LIGHT CHUNK TUNA MIXED W/CELERY, GARDEN SEASONING, AND LITE MAYO, PLACED ON CHOPPED ROMAINE LETTUCE WITH RED ONION, TOMATO, AND CUCUMBERS SERVED W/MARZETTI RANCH DRESSING TOWNHOUSE CRACKERS DESSERT/FRUIT OF THE DAY FAT-FREE MILK	<u>CHICKEN CAESAR WRAP</u> BAKED CHICKEN BREAST, ROMAINE LETTUCE & PARMESAN CHEESE DUSTED WITH CRUSHED CROUTONS AND TOSSED. PLACED ON WHOLE WHEAT FLATBREAD AND SERVED WITH CAESAR DRESSING, CARROTS, CUCUMBER SPEARS, AND TOMATO DESSERT/FRUIT OF THE DAY FAT-FREE MILK

**FRIDAY
RIVERSIDE
DINING CENTER
ONLY**

(10) HAND-CUT BEEF TIPS OVER EGG NOODLES (1) STEAMED BROCCOLI VINEGAR COLESLAW (1) WHOLE WHEAT BREAD W/OLEO (1) CHUNKY APPLESauce (1) FAT-FREE MILK (1)
(17) TURKEY POT ROAST (1) MASHED POTATOES W/TURKEY GRAVY (1) WINTER BLEND VEGETABLES WHOLE WHEAT BREAD W/OLEO (1) FRESH FRUIT (2) FAT-FREE MILK (1)
(24) HOMEMADE MEATLOAF (1) MASHED POTATOES W/BEEF GRAVY (1) CALIFORNIA BLEND VEGETABLES WHOLE WHEAT BREAD W/OLEO (1) PINEAPPLE CHUNKS (1) FAT-FREE MILK (1)
(OCTOBER 1) CHICKEN PARMESAN W/SPAGHETTI NOODLES (1) ITALIAN BLEND VEGETABLES TOSSED SALAD & DRESSING GARLIC BREAD (1) TROPICAL FRUIT (1) FAT-FREE-MILK (1)

SALAD & SANDWICH CHOICES ARE AVAILABLE @ THE MEAL SITES ONLY.

CARBOHYDRATE KEY: 12 – 23 = (1) 24 – 35 = (2) 36 – ABOVE = (3)